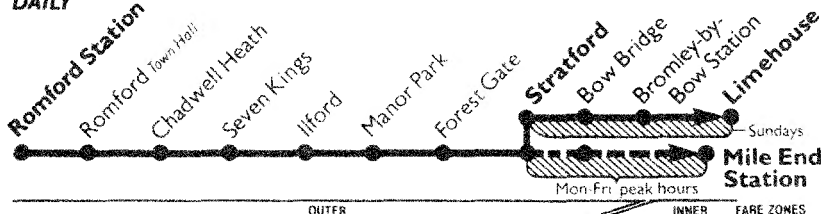


Please
have your
fare
ready to
**PAY THE
DRIVER**



Mondays to Fridays

NOTE Between Romford and Stratford extra buses provide a service every 6 minutes during peak hours.

Romford Station	0537	0558	0617	0627	0639	0651	0703
Romford Market	0541	0602	0621	0631	0644	0656	0708
Chadwell Heath Coopers Arms	0550	0611	0630	0640	0652	0708	0715b
Seven Kings Garage	0543	0608	0629	0636	0646	0657	0707
Ilford Broadway	0552	0604	0617	0625	0638	0643	0656
Manor Park Broadway	0609	0622	0630	0646	0651	0704	0711
Forest Gate Green Street	0612	0625	0633	0650	0655	0708	0715
Stratford Broadway	0618	0634	0645	0702	0707	0715	0720
Stratford Bus Station	0623	0639	0650	0707	0715	0725	0732
Bow Church	0627	0644	0655	0712	0720	0732	0744
Mile End Station	0627	0644	0655	0712	0720	0732	0744
Romford Station	0708	0714	0842	0848	1505	1511	1726
Romford Market	0713	0719	0848	0854	1511	1517	1732
Chadwell Heath Coopers Arms	0725	0731	0902	0908	1524	1530	1744
Seven Kings Garage	0731	0737	0908	0914	1530	1536	1750
Ilford Broadway	0745	0751	0922	0928	1542	1548	1801
Manor Park Broadway	0754	0800	12 minutes	0937	1550	1556	1808
Forest Gate Green Street	0800	0806	12 minutes	0943	1555	1601	1813
Stratford Broadway	0817	0823	12 minutes	0950	1603	1609	1820
Stratford Bus Station	0819	0825	12 minutes	0952	1605	1611	1822
Bow Church	0830	0836	12 minutes	1003	1615	1621	1826
Mile End Station	0837	0843	12 minutes	1003	1620	1626	1831
Romford Station	2319	2331	2343	2355	0015	0037	2348
Romford Market	2323	2335	2347	2359	0019	0041	2352
Chadwell Heath Coopers Arms	2332	2344	2356	2357	0008	0040b	2352
Seven Kings Garage	2337	2349	2356	0001	0003	0046	2352

Saturdays

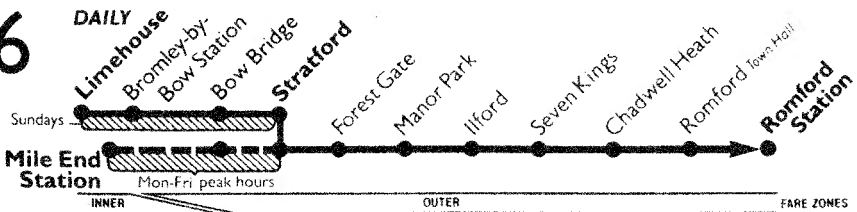
Romford Station	0535	0605	0635	0659	0723	0835	0847	0859
Romford Market	0539	0609	0639	0703	0727	0839	0851	0904
Chadwell Heath Coopers Arms	0548	0618	0649	0700b	0713	0724b	0737	0748
Seven Kings Garage	0540	0553	0623	0639	0706	0718	0730	0742
Ilford Broadway	0549	0602	0632	0649	0704	0716	0728	0740
Manor Park Broadway	0607	0637	0659	0711	0723	0735	0747	0759
Forest Gate Green Street	0610	0642	0659	0714	0726	0738	0750	0802
Stratford Broadway	0616	0648	0705	0720	0732	0744	0756	0808
Stratford Bus Station	0618	0650	0707	0722	0734	0746	0758	0810
Romford Station	0911	0919	1723	2248	2258	2309	2319	2331
Romford Market	0916	0924	1729	2252	2302	2313	2323	2335
Chadwell Heath Coopers Arms	0929	0937	1742	2303	2313	2322	2332	2344
Seven Kings Garage	0935	0939	1752	2308	2318	2327	2337	2349
Ilford Broadway	0946	0950	1805	12	2317	2326	2336	2346
Manor Park Broadway	0955	0959	1813	12	2322	2331	2341	2351
Forest Gate Green Street	0958	1002	1817	12	2325	2334	2344	2354
Stratford Broadway	1005	1010	1823	12	2331	2340	2350	2400
Stratford Bus Station	1007	1012	1825	12	2333	2342	2352	2402

Sundays (and National Public Holidays)

Romford Station	247	0712	42	12	0842	0904	0919	34	49	04	19	1834
Romford Market	0606c	0716	46	16	0846	0908	0923	38	53	08	23	1838
Chadwell Heath Coopers Arms	0614	0725	55	25	0855	0919	0934	42	57	12	27	1842
Seven Kings Garage	0619	0645	0715	0730	N 0900	0913	0925	46	61	16	31	1846
Ilford Broadway	0628	0654	0724	0740	T 0902	0915	0927	50	65	20	35	1850
Manor Park Broadway	D	0644	0659	0731	0746	T 0909	0921	54	69	24	39	1854
Forest Gate Green Street	D	0647	0702	0734	0749	L 0919	0932	58	73	28	43	1858
Stratford Broadway	D	0653	0708	0740	0755	L 0925	0938	62	77	32	47	1902
Stratford Bus Station	D	0655	0710	0742	0757	L 0927	0940	66	81	36	51	1906
Bromley-by-Bow Station	D	0715	0747	0757	0812	L 0945	0958	70	85	40	55	1910
Limehouse Burdett Road	D	0721	0753	0803	0818	L 0952	1005	74	89	44	59	1914
Romford Station	1849	1906	1922	1937	2222	2239	2252	2312	2317	2331	2354	0024
Romford Market	1853	1910	1926	1941	2226	2243	2256	2316	2321	2335	2358	0028
Chadwell Heath Coopers Arms	1904	1921	1937	1952	2232	2249	2262	2322	2327	2341	2404	0032
Seven Kings Garage	1910	1927	1943	1958	2238	2255	2308	2328	2333	2347	2410	0036
Ilford Broadway	1920	1936	1952	2007	2248	2265	2278	2338	2343	2357	2420	0040
Manor Park Broadway	1926	1942	1958	2013	2254	2311	2324	2344	2349	2363	2424	0044
Forest Gate Green Street	1930	1946	2002	2017	2300	2317	2330	2350	2355	2409	2432	0048
Stratford Broadway	1936	1952	2008	2023	2306	2323	2336	2356	2401	2415	2438	0052
Stratford Bus Station	1943	1959	2015	2030	2312	2329	2342	2402	2407	2421	2444	0056
Bromley-by-Bow Station	1948	2004	2020	2035	2317	2334	2347	2407	2412	2426	2449	0100
Limehouse Burdett Road	1950	2006	2022	2037	2319	2336	2349	2409	2414	2428	2451	0102

b - Time at Chadwell Heath Wangey Road.
c - Time at Romford North Street/The Avenue.
d - Continues to Chigwell Row Maypole.

86



PLEASE HAVE YOUR FARE READY TO PAY THE DRIVER

Mondays to Fridays

NOTE Between Stratford and Romford extra buses provide a service every 6 minutes during peak hours.

Mile End Station	0512	0532	0552	0603	0602	0612	0624	0632	0638	0644	0650	0652	0656	0701	0704	0703	0707	0710
Bow Church	0517	0537	0557	0607	0607	0617	0629	0637	0643	0649	0655	0658	0701	0706	0710	0708	0712	0715
Stratford Broadway	0526	0546	0606	0614	0616	0626	0638	0648	0654	0700	0706	0709	0712	0717	0721	0714b	0723	0726
Forest Gate Green Street	0530	0550	0610	0617	0620	0630	0642	0652	0658	0704	0710	0712	0716	0721	0724	0727	0730	0730
Manor Park Broadway				247		0604						247			247		0701	
Ilford Broadway																		
Seven Kings Garage																		
Chadwell Heath Coopers Arms																		
Romford Market																		
Romford Station																		
Mile End Station				0655		0714		1010						1625			1821	
Bow Church				0659		0718		1015						1630			1829	
Stratford Bus Station						0714		1024						1626			1836	
Stratford Broadway				0704		0718	0723	1022	1029					1631	1637		1836	
Forest Gate Green Street				0711		0725	0730	1031	1038					1640	1646		1845	
Manor Park Broadway				0714		0728	0733	1035	1042					1649	1655		1850	
Ilford Broadway				0711		0720	0724	1041	1048					1656	1702		1856	
Seven Kings Garage				0716	0720	0726	0737	1052	1059					1706	1712		1906	
Chadwell Heath Coopers Arms				0721	0725	0731	0734	1058	1105					1712	1718		1912	
Romford Market				0732	0736	0744	0747	1111	1118					1725	1731		1925	
Romford Station				0736	0741	0750	0753	1116	1123					1731	1737		1930	
Mile End Station				1836		1849		2300	2309	2318	2330	2342	0001					
Bow Church				1841		1853		2304	2313	2322	2334	2346	0005					
Stratford Bus Station				1837		1848		2311	2320	2329	2341	2353	0012					
Stratford Broadway				1842	1847	1853	1859	2313	2322	2331	2343	2355	0014					
Forest Gate Green Street				1851	1856	1902	1908	2318	2327	2336	2348	2400	0015					
Manor Park Broadway				1856	1901	1907	1913	2321	2330	2339	2351	2403	0016					
Ilford Broadway				1902	1907	1913	1919	2326	2335	2344	2356	2408	0017					
Seven Kings Garage				1912	1917	1923	1929	2331	2340	2349	2361	2413	0018					
Chadwell Heath Coopers Arms				1918	1923	1929	1935	2336	2345	2354	2406	2418	0019					
Romford Market				1921	1926	1932	1938	2339	2348	2357	2409	2421	0020					
Romford Station				1936	1941	1947	1953	2344	2353	2402	2414	2426	0021					

Saturdays

Stratford Bus Station								0639		0703		0815		0827			0839	
Stratford Broadway								0643		0707		0819		0831			0843	
Forest Gate Green Street								0650		0714		0826		0838			0850	
Manor Park Broadway								0652		0716		0828		0840			0852	
Ilford Broadway								0658		0722		0834		0846			0858	
Seven Kings Garage								0707		0731		0843	0849	0854	0855	0859	0904	0907
Chadwell Heath Coopers Arms								0712		0736		0848	0854	0900	0900	0904	0909	0912
Romford Market								0714		0738		0850	0900	0909	0911	0915	0919	0924
Romford Station								0718		0742		0854	0904	0913	0914	0918	0925	0930
Mile End Station								0851		0931		1711	1717	1723	1729	1735	2300	2309
Stratford Bus Station								0855		0935		1716	1722	1728	1734	1740	2304	2313
Stratford Broadway								0902		0942		1725	1731	1737	1743	1749	2311	2320
Forest Gate Green Street								0905		0945		1728	1734	1740	1746	1752	2314	2323
Manor Park Broadway								0911		0951		1734	1740	1746	1752	1758	2318	2327
Ilford Broadway								0915	0922	1004		1737	1751	1757	1803	1809	2326	2335
Seven Kings Garage								0920	0927	1010		1751	1759b	1803	1815		2331	2340
Chadwell Heath Coopers Arms								0925	0942	1025		1806	1817	1827			2340	2358
Romford Market								0941	0948	1031		1812	1821	1831			2344	2358
Romford Station																		

Sundays (and National Public Holidays)

Limehouse Burdett Road								0740		0810		0840		0910		0939		09	39
Bromley-by-Bow Station								0748		0818		0848		0918		0947		17	47
Stratford Bus Station								0709		0804		0834		0904		0934		04	34
Stratford Broadway								0713	0753	0808	0823	0838	0853	0908	0923	0939	0954	at	09
Forest Gate Green Street								0720	0800	0815	0830	0845	0900	0915	0930	0946	1001	these	16
Manor Park Broadway								0722	0802	0817	0832	0847	0902	0917	0934	0950	1005	mins.	20
Ilford Broadway								0727	0807	0822	0837	0852	0907	0922	0939	0955	1010	past	25
Seven Kings Garage								0648	0718	0736	0816	0831	0846	0901	0916	0931	0948	1004	each
Chadwell Heath Coopers Arms								0653	0723	0741	0821	0836	0851	0906	0921	0937	0954	1010	hour
Romford Market								0702	0733	0751	0831	0846	0901	0916	0933	0949	1006	1022	52
Romford Station								0706	0737	0755	0835	0850	0905	0920	0937	0953	1010	1026	56
Limehouse Burdett Road								2239		2311		2341							
Bromley-by-Bow Station								2247		2319		2349							
Stratford Bus Station								2234		2305		2335							
Stratford Broadway								2239	2254	2309	2324	2339	2354	0009					
Forest Gate Green Street								2246	2301	2316	2331	2346	0001	0016					
Manor Park Broadway								2250	2303	2318	2333	2348	0003	0018					
Ilford Broadway								2255	2308	2323	2338	2353	0008	0023					
Seven Kings Garage								2304	2316	2331	2346	0001	0016	0031					
Chadwell Heath Coopers Arms								2310		2326		0006		0036b					
Romford Market								2312		2345		0015							
Romford Station								2326		2349		0019							

b = Time at Chadwell Heath (Vanger Road).